

Several dermatologists recommend exfoliants. They believe that exfoliation softens skin, and making the superficial lines less noticeable. One of the most recommended products available in the market these days is a cream that contains retinol, which is a derivative of Vitamin A that kindles production of collagen, the fiber that keeps the skin smooth and firm. This item is said to bring dramatic results without a prescription. Here are two products to try for lessening fine lines and wrinkles:

1. Olay Total Effects Intensive Restoration Treatment with VitaNiacin
2. Pond's Dramatic Results Active Face and Neck Moisturizer with glycolic acid.

And, for faster results, about 12 to 16 weeks, you can try Renova, which is a prescription retinoid cream.

If you do nothing else, here is a very potent solution: wear sunscreen every day. Many experts note that if you wear sunscreen, your skin will start to repair crinkling and wrinkling. Select an SPF 15 or a much greater formula that will shield your skin against UVA and UVB rays. Also, you can try Neutrogena Healthy Defense SPF 30 Daily Moisturizer.

Problem #2: *Puffed-up Pores*

When it comes to skin pores that were distended or enlarged, experts said that the main cause of this problem is the accumulation of dead cells and sebum in pores. What causes the pore openings to stretch is a buildup of these stuffs which happens over time.

One of the possible solutions for preventing pore openings to enlarge is a regular use of retinoid as well as alpha- and beta-hydroxy acids and returning them to their smallest natural circumference. This can help purge pores of trapped debris.

Other than that, good skin care habits, such as not letting your make-up on overnight can help prevent the skin pores from getting plugged by sebum. And, as commonly suggested, you need to protect your skin from the sun as UV rays can contribute to pore dilation. So, avoid extreme exposure to the sun.

Problem #3: *Brown Spots*

The usual cause of the development of brown spots on the skin is sun exposure. Perhaps this is for the reason that exposure to the sun causes the cells that produce melanin, the natural pigment of the skin, to shift into overdrive.

To prevent brown spots on the skin, you can consider a laser therapy. Many pros believe that laser therapy is the speediest solution to this problem. This technique is done by way of focusing a beam of light that erases the splotches on the skin. However, just like some other clinical techniques, the treatment's aftereffects, like redness and scabbing, can take a few weeks to go away, although the energy of the laser doesn't affect the surrounding skin. With a laser therapy, it is noted that about twenty spots can be zapped in just one 15-minute session. About the cost, many clinics offer this treatment at \$300.